

they may be merely turning you on to
 God. Of his
 own experience Purandaradasa said that
 people laugh-
 ed and scoffed at him and left him God's
 name, they
 broke and choked him and cured him of
 useless hope,
 they tried him and wearied him and rid
 him of desire
 and anger. By much teasing they showed
 him the
 way to realisation. They treated him as a
 life dedi-
 cated to God ; they would have nothing to
 do with
 him. Elsewhere lie said:

"Who that trusted you has prospered, my
 God? Listen!
 If a man accepts you he cannot get even a
 handful of
 grain as alms."

Men of the world are a prey to
 anxiety. Their
 soul is ever anxious, until it gives its
 mind to God,
 It is anxious if there is a wife, anxious if
 there is
 none, anxious if the wife is foolish, or if the
 wife is
 prettier than other women it is anxious
 from over-
 much love of her. It is anxious if there are
 children,
 anxious if there are none; anxious that
 they will cry
 and ask for food. Even if a man is tending
 cattle to
 get his bread, his mind is anxious about a
 hundred
 strange things. It is anxious if one is
 poor, anxious
 if one is rich, anxious if one has a handful
 of gold
 hoarded. There is one way out of this
 anxiety and
 that is to trust in God and not waver.
 There is no
 one who trusted in God and lost. If anyone
 did not
 believe and lost, it was his fault. Why
 say I am

ruined and grieve? Why trouble others for
food for
our hunger? He who gave us birth will
not let us
eat grass. Whether you are in hill or
forest, Puran-
dara Vittala is sure to protect you. Rather
than waste
your time in this useless worry, examine
your mind